

OUTSPOKEN

Newsletter of Santiam Spokes, Inc. • Volume 19, No. 12 • October 2011



A Good Year Ahead

Roger Gaither, President 2011-12

We're going to have a good year. I am privileged to have served twice before as president of Spokes, but no time has been more exciting than now. Our club is varied and strong; We do good things, but mostly we have a good time bicycling.

I'm also proud to serve with a great board. Ron will serve as vice-president and assume the reins next summer when I expect to be away. John will continue keeping us in balance as treasurer. Christine will chronicle our meetings and attend to correspondence and other secretarial essentials. Kari will inform us beautifully every month as editor of "Outspoken." Maurice will manage and update our web site, and he will also manage registration for the Strawberry. Bill will accumulate pictures and news to chronicle our history. Jessica will continue her excellent work in managing club membership. Dennis has already aken the initiative in forming a great team to produce next year's Strawberry (although he hasn't yet said that he will lead the event). And Jo and I will organize and schedule our rides with the help of everyone (of course).

We owe many words of thanks to Ken for serving as president the last two years, to Al for scheduling & coordinating our rides, to Bill for serving as VP and scheduling many fun programs, and to Barbi for recording our minutes and other secretarial tasks. I say sincerely here, "Thanks to you all for steady and able leadership in these critical jobs." But there will be more; be sure to come for the fun of the awards scheduled for November 3.

The Rides: Jo and I will schedule a variety of rides selected to appeal to all riding levels. Many of our rides

focus on events or have become tradition: for instance the Spooky Spokes Ride at Halloween, Lamb & Wool Fair, DaVinci Days, Apple Daze Festival, Chocolate Ride, Daffodil Ride, the Newport tour, our potluck/ progressive rides, the Covered Bridge event, and others. These will be scheduled first. Then we'll schedule other Saturday rides starting from several local places and some starting a little distance away. Rides will be of seasonably adjusted length and difficulty usually with a lunch destination. As much as possible rides will include alternate shorter loops or cutoffs. We'll also try scheduling some shorter/easier rides and some difficult/ challenging rides on other days and times. We'll be asking your opinions. And above all, we are interested in your inventiveness in coming up with variations on existing rides or totally new ones. The door is wide open for you to reinvent our rides.

We'll make a gallant effort to describe the rides fully in "Outspoken", on the website, and through an e-mail update each week to everyone for whom we have an email address. This will reflect the latest information about the ride(s) scheduled for the weekend.

Key to effectiveness of this e-mail update approach is that we need to have everyone's current address. Please check yours on the roster, or just to be sure, send me a simple or blank e-mail. My e-mail is gaither@smt-net.com. Thanks very much. Moreover, after reading the ride descriptions, we want you to come to all rides you feel capable of doing. Once a ride begins, we pledge that no one will be left behind. Some faster riders may wish to move ahead with their maps and cue sheets, but the ride leader and core group of riders will stay together to ensure that everyone is having fun and is as safe as possible. This is our primary essence as a bicycling club.

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Santiam Spokes General Meeting and Annual Potluck

Thursday ♦ October 6 ♦ 7:00 pm

Guest Speaker: Lloyd Lambert

Samaritan Lebanon Hospital
525 N. Santiam Hwy, Lebanon

Details inside...

Photographs courtesy of Sreeni Sreenivasan



SUMMER TOUR, 2011

Eight SS bikers rode about 320 miles this year over many hills (some say mountains) on mostly low traffic roads on a Central to West, Oregon loop, September 11 – 17. We received excellent support by Chuck Young who drove his new supersized pickup that carried baggage, coolers and split wood for our nightly fire pit. The bikers were each asked to write an account of their experiences on a particular day.

DAY 1: Lebanon (or Corvallis) to Silver Falls Campground

By Dennis Murphy

Peter (Dennis' nephew from Maryland), Mary Ellen and I left our home in Corvallis at 7am on Sunday September 10th. This was our beginning of the Santiam Spokes Summer Tour for 2011. We were to meet the balance of the riders at SLCH between 9 and 9:30am. Crossing the valley floor at that hour of the morning was a very peaceful. Once we were on Tangent road there was no traffic and we enjoyed

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**SANTIAM SPOKES BIKE CLUB
MEETING MINUTES
SEPTEMBER 1, 2011**

We met in a different room at the hospital this evening in order to accommodate the larger crowd present to listen to Jerry Grulkey about his interest in antique bicycles. Jerry brought an 1866 Micheaux Velocipede, which was made in Paris, just one item from his collection. He and his wife both ride high wheel bikes (his has a 60" tall front wheel) and he told of riding it in the 1976 Bicentennial ride from Detroit to Philadelphia.

He also told of how the invention of bicycles led to technology used by automobiles such as rack and pinion steering, shock absorbers, disc brakes, assembly lines, differential steering, road maps, and many more, especially good roads. He also agreed to come back at a later date to show how to build a bike wheel.

President Ken Orwick called the business meeting to order at 8:35 p.m.

Minutes: The minutes from the August meeting were approved by affirmation.

Membership: No report at this time.

Treasurer Report: John Hebda reported a current balance of \$15,641.80.

Ride Report: Upcoming rides are listed in the newsletter. Special attention was given to the September 24 rides where several options are offered, with everyone gathering back at Roger Gaither and May Garland's house for a potluck and to hear about the various tours that club members have taken this year.

There is still plenty of room left for anyone who wishes to go on the club tour this year. Please contact Mary Ellen Lind if you'd like to go.

Vince Nowell thanked the club and individual members for their donations to him in his recent participation in the 2011 Bike MS ride. He reached his goal of raising \$650.00, \$10.00 per mile for the 65 miles he rode, and did so in support of his wife who suffers from this disease.

Old Business: Regarding a club jersey, Roger said he will hopefully have something to present at the next meeting.

New Business: The slate of officers for next year was approved unanimously as follows:

President: Roger Gaither; Vice President: Ron Kropf; Secretary: Christy Davies; Treasurer: John Hebda; Membership: Jessica Ruef; Newsletter: Kari Kropf; Ride Captains: Roger Gaither and Jo Johnson (Brian Hubbard will assist Jo when Roger is out of town); Strawberry Century Coordinator: Dennis Murphy; Webmaster: Maurice Banning; Publicity: Roger Gaither; Historian: Bill Pintard.

The meeting was adjourned at 8:45 p.m.
Respectfully submitted,
Barbi Thomson

**2011 Spokes
Refreshments**

October
Annual Potluck

November
Al Rimer and Rod Sell

December
Christmas Party

January
Volunteer!

OCTOBER RIDE EVENTS

Looking for a few events this month?

Saturday October 1, 2011

Ellensburg Manastash Metric
Ellensburg Washington
Metric and half century
[//www.drier-ride.org/](http://www.drier-ride.org/)

Saturday October 1, 2011

The Aptalis CF Cycle for Life
Carlton Oregon
20, 35, 65 miles
www.cff.org/Chapters/oregon/index.cfm?id=16793&event=16793

Saturday October 8, 2011

Harvest Century
Hillsboro Oregon
100, 75, 45, 3 miles
www.harvestcentury.org/

**October General Meeting
and Potluck**

Thursday, October 6th - 7 pm

Samaritan Lebanon Community Hospital

Guest Speaker: **Lloyd Lambert**

Lloyd Lambert has been a member of Santiam (Slow) Spokes from the beginning and can give us the lowdown on club history.

**A-I - Salad or Vegetable Dish
M-S - Main Dish
T-Z - Dessert**

With your help: Jo and I will be calling to ask you to lead rides. We'll provide maps/cue sheets and sign-in forms. Together, we'll have a fun year of rides.

Meetings & Programs: Along with keeping everyone involved in club business, a major purpose of our meetings is to visit, so I'm going to build in more time in a slightly different format to facilitate our catching up with each other. The Board will meet several times apart from the general meetings to consider routine business. We'll report out those items we all need to discuss and decide. I'll manage the business portion of our club meetings efficiently and succinctly to keep everyone informed and involved.

Strawberry Century: Next year is our 20th. The date will be Sat, June 10, 2012. It feels good to plan the event and then see lots and lots of bicyclists having fun because of what we did. We're hitting the ground running, Dennis has already formed a great committee to plan the event. Kari and I will create a fun logo; we're going to start our publicity in October with listings in all the yearly calendars and other stuff. We'll have a great 20th Strawberry.

Tour: A summer week tour is enjoyable for lots of members and we're fortunate to live in such a great state for bicycle touring. I'm going to form a small committee right away to nail down a tour week next summer and to explore options. We'll ensure that the tour is as convenient as possible and available to everyone with minimal cost. The door is open, if you want to be involved in the planning, let me know.

Advocacy: No I'm not talking about lobbying the state legislature. I just want to see us expand our membership and to encourage bicycling. There are lots of reasons to bicycle, but perhaps most important is that it's fun (feels good, whatever). We'll focus on getting the word out about our neat club and about bicycling in general. Bicycling is what binds us together, but who we are is what makes the club special. We do a good job (could always be better) tolerating our individual idiosyncrasies and respecting each other for who we are. This allows us to have fun with each other; that's why we're a club anyway.

Thanks for letting me lead a little this year. This will indeed be a very good year.

vrg



the scenery as we pedaled along at a good steady pace. Our first excitement came when we read a sign saying that Sand Ridge road going into Lebanon was closed! The bridge in fact was gone, and in its place, at the bottom of a ditch was a wooden plank that covered a creek. It did not take Mary Ellen long to decide to cross the plank, and with some help we got her bike up the hill on the other side of the ditch. I was a wee bit nervous as I crossed the plank and Peter noted that it seemed to be flexing a whole lot more. Within minutes we had all crossed safely and were on our way to meet the rest of the tour group.

Ken Orwick was already in the parking lot when we got there, and within just minutes, Frank, Brian and Christine, Sreeni, and our faithful Sag driver Chuck Young were also there. We completed the loading of the truck, discussed the route for the day, and reviewed the basic safety rules of group cycling. We took our group picture, jumped on our bikes, and were soon on our way.

We were about five miles out of town when I felt some sort of an insect hit my face close to my glasses and apparently lodge between my glasses and my head. I could not brush it away as it was behind my glasses. At about the same time as I tried to brush it away the stinging began to really hurt. While still moving I pulled my glasses off and swatted the aggressive little critter off of my face and slowly came to a stop. The painful, burning sensation continued as I collected my thoughts and suddenly realized this little bugger had drawn blood. An interesting conversation then ensued with Chuck and Peter as we discussed my allergic reactions to certain bee stings. Given that this sting was on the bridge of my nose, the opportunities for humorous discussions, as to my potential future appearance, were readily at hand. Thankfully the swelling was mild and I only had to loosen my helmet straps a few times during the day.

Silver Falls State Park



Photographs courtesy of Sreeni Sreenivasan

We ate lunch at a barbeque restaurant in Stayton. The food was good although there was now some nervousness about the hills that were waiting for us after lunch, along with the day becoming warmer by the minute. The rolling hills got steeper as the day progressed and we slowly worked our way up to Silver Falls State Park. We finally intersected with highway 214, took a group break, and then began the final stretch to the State Park. This was a really tough day of riding, especially when you consider that the temperature was in the 90's. We sweat a lot, we groaned, on occasion we may have walked a tiny bit, but by around 3:30 we were pitching our tents and talking about walking some of the trails, taking a swim, and seeing the water falls. Once again, I was very impressed with the resilience and energy of our group of riders. We did hike, we did do some swimming, and we even managed a group picture in front of the falls. We were having a lot of fun, what a great way to start a tour! Brian and Christine handled the preparations for the group dinner. Meatballs, spaghetti, and garlic French bread were more than sufficient to fill our tummies. As so often happens when on a tour, when the sun goes down, we found our way to our tents, satisfied with the accomplishments for the day, sleep came easily.



**Grulky Home,
Scotts Mill Oregon**

Day 2: What Map? Silver Falls to Champoeg Park
By Ken Orwick

Silver Creek Falls to Champoeg was a little cooler with a fantastic detour to Scotts Mills. We woke to thin clouds and started our breakfast packing routine, easier with plenty of room in Chuck's new truck.

We headed north on 214 and hiked and posed for waterfall adventures. The fantastic downhill to Silverton went by many Christmas tree farms, followed by murals in town,

and trying to reorganize a two hour visit to our recent speakers, Sandy and Jerry Grulkey, in their 1916 mansion in renovation. We ate, toured, and relaxed on the porch overlooking the mill waterfalls. We talked about bikes, paintings, and old houses. They are quite the hobbyists!

A new route plan led through Marquam to the historic Yoder store for snacks. Passing vineyards and mixed nurseries we wandered in Brian's town (Hubbard) before more back roads to Champoeog.

The park offered great camping, history, bike paths along the Willamette, disc golf, and fishing for me for a while. Pete and Chuck did the beer run. Salmon, chicken, salad, wine and beer made for a very pleasant campfire visit.

Day 3: Champoeog State Park to Dovre Campground

By Brian Hubbard and Christine Lloyd

We started off day three feeling pretty good and confident in our cycling abilities now that we had a couple days to warm up. Leaving our campsite at Champoeog around 9 am we had a beautiful ride to Carlton through some wine country and luscious farm land.

Our lunch stop was a little café that made some of the most delicious sandwiches we ever had. But that may partly be due to the fact that we felt starved by the time we got there.

After lunch a few of us decided to make a couple stops to do some wine tasting. The one place that stood out the most was Carlton Winemakers Studio. It is a co-op type of operation where as many as 10 vintners can come and share the use of the production equipment and sell there wine through the tasting room. It helps bring the wine community together and gives small productions a chance to show case there talents.



Wine tasting on Day 3

Photographs courtesy of Sreeni Sreenivasan

Keeping in mind that we still had many more miles left in the day and most of them uphill, we did not take too much time enjoying the wines. Still feeling good we all headed out to conquer the mountains we needed to climb to our next destination. Dennis kept warning us that this climb was truly a treacherous one. To be honest, we only half listened to his warning. We felt strong and confident that we could conquer anything and really it could not be THAT bad. To get to the point, we were wrong!

I have never been so relieved to see a campsite, as I was that day. It was truly an exhausting climb. This particular campsite did not have a shower or even much of a bathroom. Most of us decided it was a good idea to bathe ourselves in the freezing water of the Nestucca River running through the campsite. Sreeni provided the dinner that evening of hamburgers and veggie burgers. After dinner we all sat around enjoying the huge campfire and roasting marshmallows for s'mores. I am pretty confident we all slept soundly that night. It was a good day.

Day 4: Dovre to Webb Campground (at Pacific City)

By Sreeni

The Dovre campground is nestled in the Coastal mountain wooded range along the Nestucca River. It is a rustic facility in a serene setting, but with only a pit toilet and running potable water at the entrance (which we discovered only as we were heading out this morning!). A knee deep pool in the river provided the main freshen-up option. We started the day with a pancake breakfast, a welcome change and a real treat after the previous days of oatmeal and bagels. Just as we were ready to leave, Brian discovered his cell phone was missing. There were multiple versions of where it was last placed or seen, but the unfortunate hasty and misplaced suspicion (just my opinion!) fell upon a young



bike tourist who had been our guest in camp at dinner and breakfast and was headed east. This delayed our departure as Chuck and Brian raced off after him, only to discover to their embarrassment that the missing cell phone was in the truck itself.

After the long uphill the previous day from Carlton, today's ride was a welcome respite with a nice winding downhill in a cool shady wooded setting for several miles until the bend in the road in Blaine. Some of us stopped here to take pictures of the river and the interesting rock formations in it that looked like ice sculptures. The ride to Beaver and Hwy 101 was past mostly level farmland and cattle/horse ranches, which afforded more scenic photo opportunities. The Beaver country store is no more, but the gas station at the corner was a good regrouping point and snack/coffee stop. We headed north for about 4 miles on Hwy 101, a tense stretch with zero to maybe two foot ragged shoulders. We turned off west on to Sand Lake Road, then south on Three Capes route for a more relaxed ride in a scenic setting. We stopped briefly at Whalen Island Park where Mary Ellen scouted out some future camping opportunities. On the bluff approaching Pacific City, we captured more photos of the Pacific coast and Haystack Rock. Most of us reached the campground in Pacific City shortly after 3pm. This campground was perhaps the least scenic of the ones we stayed in, with little or no vegetation and a view of motels and an RV park. It was also the first one for us with coin-operated showers. The highlight was scores of black rabbits hopping around the campground which were quite accustomed to people and quite fearless. The other highlight was Brian and Dennis using the restroom to blow up the air mattresses since there was no power outlets at the campsite. The coffee shop (Stimulus) nearby proved to be quite a hit with many of us.

Everyone gathered at the Pelican Brewpub for our first dinner out. It was a fun evening with food and beers, topped off by a fantastic sunset. We then walked back to camp and went promptly to bed. All in all, perhaps the easiest day so far on the tour!

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Pelican Brewpub

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Day 5: Pacific City to Devils Lake Campground at Lincoln City
By Frank Gaillardet

This was our shortest day, mileage-wise, with a cool, cloudy morning and light wind to get us on our way around the estuary of the Nestucca River and back out onto Hwy 101 going south. We had ocean views until we regrouped at Neskowin.

Who could resist a brunch stop at the renowned Otis Café?, known for large portions of home-style goodness and excellent bakeshop as well. We got there by turning off of Hwy 101 onto Slap Creek Road (also known as Old Hwy 101), then rerouting the end due to bridge under construction. The ride through the back country and food were worth it! We got back onto Salmon River Hwy (Hwy 18) then onto busy Hwy 101 for a short time and were relieved to turn onto NE Devils Lake Rd that routed us around the beautiful lake to enter the Devils Lake Campground from the south end of the lake. This was just a short walking distance to the stores of Lincoln City. Ken and I visited their Cultural Center and were amazed to see various displays of memorabilia from the days that the Big-Top circus and Wild-West shows. Here we were presented with the latest edition of the Oregon Coast bicycle Route Map. This is an excellent resource for your future wanderings along our fabulous coastal byways! Also see RideOregonRide.com.

Day 6: Devil's Lake to Moonshine Campground at Logsdan
By Peter Mule'

The day 6 ride was preceded by a night with a domestic dispute and raccoon encounters around our picnic table. Brian calmed the dispute and Dennis battled the raccoons throughout the night (the raccoons came out ahead by gaining a loaf of Otis Café molasses bread and Ken's fishing worms as their spoils). The morning meal was typical (instant oatmeal, bagels and coffee) with the exception of Christine's peach pie breakfast and leftover watermelon. The group headed out under an overcast sky, and after a short stint on the busy highway 101, we began a 24 mile ride along the Siletz River. The highway had light traffic and manageable hills and offered Ken and Frank the opportunity to kayak and fish (Ken had his usual luck). The Little Chief Restaurant in Siletz was the day's lunch stop. It was a pleasant place though it had one unreasonable patron (me). Ordering meals that are not available apparently annoys the waitress. We continued 12 miles along Logsdan Road to the Logsdan Store where some riders snacked. After a short ride along Moonshine Park Road under warm temperatures and a sunny sky, we arrived at our group camping site in Moonshine Park. The site was a large field adjacent to the Siletz River which offered a great location for a refreshing dip. Everyone set up camp with the spacing between tents giving the impression that all were seeking some solitude after five nights of close quarters. We all enjoyed a large meal of pasta and meatballs followed by s'mores by the campfire. Aside from the long hike to the latrine and longer hike to the showers, the Moonshine campground was a wonderful resting place for the last night of the tour. So ended another excellent day of touring.

Day 7: Moonshine to Corvallis (or Lebanon) – HOME
By Mary Ellen Lind

On our last day of biking as a tour group I felt ready to see home. At breakfast time, though, I thought about the climbs that were ahead of us – the winding climb over gravel on Logsdan Rd. and the climb up Summit hill. A couple brave bikers rode the first climb over fairly well-packed gravel. I believe I was the only person to have a quick slide-out while going down and around a curve. The climb up to Summit wasn't harder than many climbs that we had already done on the tour and very nicely shaded, so I enjoyed the slow pace and even rhythm of breathing with pedaling. But the final hill – Wren Hill into Philomath – seemed longer than ever.

Several of us celebrated the tour's ending with meal and drink at Old World Deli in Corvallis. While waiting for his wife to come for him in Corvallis, Ken took a recovery soak in the hot tub at WOW fitness center! Brian and Christine rode ahead of us and didn't wait for our late arrival at the Old World Deli and pedaled on to home in Lebanon. They were probably the first to get home! We need to ask them how they got over the bridge-out site on Sand Ridge one week after Dennis, Mary Ellen and Peter climbed over it.

Overall, the tour was safe. We only had a couple of flats and other minor mechanical worries. Peter, who lives near Annapolis, MD, commented about the sparse traffic on many well-paved roads. He wants to bring his whole family (wife and 2 teenage daughters) to join us in a future tour of Oregon's beautiful landscape.

Moonshine Park



Photograph courtesy of Sreeni Sreenivasan



Above: Mighty steeds awaiting their riders. Mt Pleasant Ride

Middle: Rolling Hills and Hazy skies. Mt Pleasant Ride

Below: First Ride over the New Buena Vista Ferry



Photographs courtesy of Kari Kropf

Danger - Rumble Strips Ahead !!!

The Federal Highway Administration has an initiative to install rumble strips on US highways to prevent crashes due to running off the road. Oregon DOT estimates upwards of 30 lives saved per year statewide, once a complete system of rumble strips are in place - so we will be seeing more of them. But like chip seal, it's not a pro-bike policy. They might be OK on the freeway, but not on multi-modal streets and roads.

Here is a very timely *Adventure Cycling* article on expected changes to the federal rumble strip guidelines, with two excellent references: <http://blog.adventurecycling.org/2011/09/rumble-strip-update.html?m=1>.

The Oregon Bicycle and Pedestrian Advisory Committee has been working to mitigate the impact to bicyclists of both rumble strips and chip seal. ODOT developed a policy with bicyclists in mind, which was reviewed by the Oregon Bicycle and Pedestrian Advisory Committee. But like any new policy, what works on paper and what works on the ground may be different.

Rumble strips can be hazardous, and in fact have caused a near fall on Saturday 9/17, and a fall into traffic on Tuesday or Wednesday (9/20 or 9/21), in the Albany/Corvallis corridor along Highway 20/34, per Corvallis Mid-Valley Bicycle Club (MVBC) emails.

Your feedback and input will help the Oregon Bicycle and Pedestrian Advisory Committee and ODOT learn what designs have the least impact to bicyclists. So keep an extra eye out for hazards - some are unavoidable, some they'll try not to do again. They are paying attention and your feedback helps.

Send any feedback to:
Sheila Lyons, PE, Pedestrian and Bicycle Program Manager,
555 13th St, NE, Suite 2,
Salem, OR 97301-4178.
Tel: 503-986-3555,
sheila.a.lyons@odot.state.or.us
www.oregon.gov/odot/hwy/bikeped

Article submitted by
Duncan Rhodes,
GEARs
(Greater Eugene Area Riders)



Maintenance and Repair Class at Peak Sports

Peak Sports in Corvallis offers Bicycle Maintenance and Repair Classes the first Tuesday of each month, from 6:00-7:30 p.m. Everyone is welcome and it is free of charge. The schedule through the end of the year is as follows:

October 4:	Basic Maintenance
November 1:	Flat Tire Repair
December 6:	Basic Maintenance

Rider Down

Recently Jim Lawrence had an accident at the intersection of North Albany Rd. and Hwy 20. His bike slid on construction gravel and he went down. There were no cars involved. Jim fractured his pelvis and went to OHSU in Portland. His shattered pelvis was repaired at OHSU with metal plates and lots of pins, according to his wife, Linda. He is progressing well but will be in Timberview Care Center, across from Albany General Hospital for a few weeks before going home. He did not have any head injury and the only other injury was some road rash.

Information submitted by Bill Pintard



*Above: Eugene ride on August 20th. Maurice, Mary Ellen, Dennis, Roger, May, and Bev.
Photograph courtesy of Dennis Murphy*

*Left: Old abandoned house on the Buena Vista Ride. May, Roger, Bill, Ace and Jo.
Photograph courtesy of Kari Kropf*

*Below: Christine and Ace in front of the nasty hill's they just conquered.
Photograph courtesy of Kari Kropf*



Riding and Feeling Good

Roger Gaither

I ride because it feels good (most of the time:-); not because it's good for me or good for the planet. Those are nice additional reasons, but let's face it, I don't ride enough to say that it keeps me healthy and breathing deeply. That would be nice and I'll claim that reason every time it's politically correct. And one guy on a bike doesn't even register on the car maker worry list. No more than I ride - the CO2 in the atmosphere doesn't quiver a bit. So I can say for sure only that riding feels good (most of the time:-). The others are icing.

The second part of feeling good is that I get to see the outside up close and at a little faster clip than I walk. Being outside is very nice, mostly when it's 70 and sunny, but it's even fun when it's 40 and misting. Although the second conditions are fun for a much shorter time!

The third part of feeling good is sharing parts one and two with other crankers. That's where the club comes in - riding with others sharing in the exercise and the outside. Then of course we can sit around afterward and proudly say how much healthier we are and how much we helped the planet by not driving our 2000 lb. cars (or trucks). But we know deep inside that the real reason is simply that it feels good!



Photographs courtesy of Kari Kropf



Membership Application

In Santiam Spokes, Inc.

Release Waiver

I waive any and all claims against the Santiam Spokes, inc. and its sponsor Lebanon Community Hospital and any other group associated with them in their programs. I agree not to hold them responsible for any accidents or injuries that I may experience as a participant in any of their activities. Further, I agree not to hold them responsible for damage to any property or equipment while participating in any of their activities. I agree to release them from any and all liability of any kind or nature, and by so doing I am allowed to participate in Santiam Spokes, inc. activities and programs. I agree to wear an A.N.S.I. or Snell approved helmet while participating in any and all Santiam Spokes rides. I agree to practice safe and courteous riding procedures and techniques and will obey all traffic regulations while participating in any and all Santiam Spokes rides.

- Individual-\$10/yr Family-\$15/yr

Please check one

I/We would like to receive newsletters via:

- Email Mail

_____ Signature of 1st member	_____ Date

Complete all sections of this form and mail it with your check to

Santiam Spokes, Inc.
c/o Samaritan Lebanon Community Hospital
PO Box 739, Lebanon, Oregon 97355

You're now a member. We'll send you membership materials and Outspoken. Come to the next meeting and take part in the rides. Get involved in all club activities. The Club is what we make it.

_____ Name of 1st member		
_____ Name of 2nd member		
_____ Name of 3rd member		
_____ Name of 4th member		
_____ Mailing Address		
_____ City	_____ State	_____ Zip
_____ Home Phone	_____ Work or Cell Phone (if available)	
_____ Email		

Sign Liability Release To The Left

..... Optional Information Below

[_____] Age of 1st member	[_____] Age of 2nd member
[_____] Age of 3rd member	[_____] Age of 4th member

Occupation of any Applicant

I am a member of the League of American Bicyclists
 I am a member of Adventure Cycling
 I belong to other bicycling clubs as listed below:

Ride Preferences:

Easy, 3-15 mi. Sport, 20-50 mi.
 Tour, 30-80 mi. Competitive, 40-100 mi. fast
 Off-road, i.e. mountain biking

Club Information: Santiam Spokes is a recreational bicycling club for cyclists of all ages & abilities. The Willamette Valley offers wonderful roads through beautiful farmland with plenty of hills nearby. We ride weekly Saturday year-around plus other times during the dryer months. Club meetings are normally each month the first Thursday at 7:00 PM at the conference center of Samaritan Lebanon Community Hospital. See Outspoken for specifics. The public is invited to the rides & meetings. 2009/2010 Club officers are: Membership > Jessica Ruef, 541-541-451-3338; President > Ken Orwick, 541-451-2945; Vice President > Bill Pintard, 541-967-3295; Ride Captains > Al Rimer, 541-928-3584; Secretary > Barbi Thomson, 541-258-6482; Treasurer > John Hebda; Historian > Position Open; Newsletter > Kari Kropf, 541-401-3349; Publicity > Roger Gaither, 503-394-3696; WebMaster > Maurice Banning, 541-928-6311; Strawberry Century > Position Open;

Santiam Spokes Bicycle Club

OCTOBER 2011

See our Website for the latest news

www.santiamspokes.org

The Terrain Category will be identified on each route description in the newsletter and on each route sheet that is given at the start of the ride. Also on the route sheet areas that are known to be hazardous will be marked with the word "CAUTION". The overall average group speed for our club is 12 - 14 mph. Some bikers choose to ride faster and sprint ahead of the group and some bikers ride slower. Each person may set his/her own pace. The ride leader usually selects places along the route where the bikers re-group, usually at a turn in the route. In case of freezing rain, snow, flooding, earthquakes, fire, tsunamis or other extreme weather conditions, please call the ride leader, or one of the ride captains; Roger Gaither (503-394-3696) or Jo Johnson (541-327-2813) to check on the possibility of the ride being cancelled. If the ride is cancelled it will be rescheduled later in the year.

Wednesday Wanderers ~ Every Wednesday: Start at the Linn County Fairgrounds parking lot at 10 AM.

Call Jo and Ace Johnson at 541-327-2813 for more information.

Please visit our website for the latest information on rides, optional rides, and updates: www.santiamspokes.org

KEY FOR ROUTE DESCRIPTION

Cat I	Flat to rolling hills. Easy pedaling.
Cat II	More frequent rolling hills, possible several short, steep hills. A hearty workout.
Cat III	Moderate, longer hills, with a few steep climbs. Need to be experienced and in good biking condition.
Cat IV	Frequent hills, some long and steep climbs. These are tough rides that require endurance.

Oct 1, 2011

Apple Daze

Annual ride to Detering Orchard near Harrisburg

45 mi • Cat 2

9:00 AM

Start: Brownsville (Parking behind the Post Office)

Description: This traditional ride to Harrisburg will take us over one significant hill south of Brownsville on the way to Detering Orchard for fresh apple cobbler, fresh-squeezed apple juice, hay rides on horsedrawn wagons, pumpkins galore and good music. The route back will be along quiet country lanes by fields that have been harvested for the year. Come and join us on this club favorite.

Leader: Bev Henderson (541-513-3916)



Oct 8, 2011

Albany to Dallas

A longer fall ride over gentle rollers

60 mi • Cat 2

9:00 AM

Start: 1020 Pulver Lane, off of North Albany Rd

Description: Come a little early for coffee and bagels courtesy of Dian. Enjoy riding gentle rollers past many fields and orchards with fall colors beginning to appear. We ride through Monmouth and along the Hwy 99 bike path. Lunch at Murphy's Grill in Dallas.

Directions to Start: From I-5 take exit 233 merge onto hwy 20 Head west into Albany. Take the US-20 ramp toward ALBANY / CITY CENTER / CORVALLIS. Cross over the Willamette River and turn right at N. Albany Rd. (second light). Bear left onto Gibson Hill Rd. Turn left onto Pulver Lane. From Corvallis take Hwy 20 to N. Albany Rd.

Leader: Dian Gerstner (541-926-1188)



Oct 15, 2011

Peoria Loop

A farmland ride with a stop at the Mennonite Bakery

45 mi • Cat 1

9:00 AM

Start: Under the Harrison Street Bridge, Corvallis

Description: We start at the Harrison Bridge in Corvallis then go east about a mile on Hwy 34 to access Peoria Road. This is a nice, flat ride through agricultural country including a stop at the Mennonite Bakery for treats and coffee before heading east on the backroads to Shedd for lunch. Then more country roads back to Corvallis.

Directions to Start: From I-5 take exit 228 onto Hwy 34, go West to Corvallis. As you near Corvallis, don't take the Hwy 34 bypass (left turn), but cross the Willamette River on the Harrison Street Bridge. After crossing the river, turn right on 2nd St., right on Tyler, then right on 1st St. into parking lot under bridge.

Leader: Wade Bloecher (541-979-3401)



Oct 22, 2011

Lebanon-Brownsville Loop

A club classic over the best USA bicycling terrain

34 mi • Cat 1 with one Cat 3 hill

9:00 AM

Start: Samaritan Lebanon Community Hospital, Lebanon.

Description: We will ride out of Lebanon on Stoltz Hill road and climb Washburn Heights, the one hill of the ride, before arriving in Brownsville. We'll enjoy lunch in downtown Brownsville and then return to the west for a flat ride back to Lebanon.

Directions to Start: Samaritan Lebanon Community Hospital, 525 N. Santiam Hwy, Lebanon. • From North: I-5 exit 233 go east on Hwy 20 to Lebanon. Just north of Lebanon the hospital is on the left. Park in back. • From South: I-5 exit 228/Hwy 34: I-5, East on Hwy 34 to intersection with Hwy 20 in Lebanon, left on Hwy 20 about 1/2 mile. Lebanon Hospital on right. Park in back.

Leader: Bill Pintard (541-967-3295)



Oct 29, 2011 (Halloween WkEd)

Spooky Spokes Spin

Dress Up For A Far Side Ride

37 mi • Cat 2

9:00 AM

Start: Ciddici's Pizza. 133 5th Ave., downtown Albany, OR. Please park on the area streets - not in their parking lot.

Description: This ride takes us past 12 graveyards and their many ghosts. There may be some surprises. The route is mostly flat except for the traverse of Scrael Hill and Knox Butte. Pizza and cupcakes (courtesy of the Club) will be at about 1:00 PM when we return to Ciddici's. We'll buy our own drinks and anything else we want. It's going to be a lot of fun on this traditional Halloween ride.

Leader: May Garland & Roger Gaither (503-394-3696)



October 2011 Cycling

Santiam Spokes

SUN	MON	TUE	WED	THU	FRI	SAT
						Saturday, Oct 1 9:00 am 1 Apple Daze Start: Brownsville (Parking behind the Post Office) Distance: 45 miles Cat II Leader: Bev Henderson (541-513-3916)
2	3	4	Wed. Wanderers 5 Start at Linn County Expo parking lot at 10 AM. Call Jo & Ace Johnson at 541-327-2813 <u>for more information.</u> See our website (www.santiamspokes.org/Rides.htm) for optional Wednesday rides	6 Club Meeting 7:00 pm Samaritan Lebanon Community Hospital 525 N. Santiam Hwy Lebanon		Saturday, Oct 8 9:00 am 8 Albany to Dallas Start: 1020 Pulver Lane, North Albany, OR Distance: 60 miles Cat II Leader: Dian Gerstner (541-926-1188)
9	10	11	Wed. Wanderers 12 Start at Linn County Expo parking lot at 10 AM. Call Jo & Ace Johnson at 541-327-2813 <u>for more information.</u> See our website (www.santiamspokes.org/Rides.htm) for optional Wednesday rides	13		Saturday, Oct 15 9:00 am 15 Peoria Loop Start: Under the Harrison Street Bridge, Corvallis Distance: 45 miles Cat I Leader: Wade Bloecher (541-979-3401)
16	17 Outspoken Submissions Please submit material for Outspoken by today to Kari Kropf: bluekat78@comcast.net . PO Box 1183 Lebanon OR 97355	18	Wed. Wanderers 19 Start at Linn County Expo parking lot at 10 AM. Call Jo & Ace Johnson at 541-327-2813 <u>for more information.</u> See our website (www.santiamspokes.org/Rides.htm) for optional Wednesday rides	20		Saturday, Oct 22 9:00 am 22 Lebanon-Brownsville Loop Start: Samaritan Lebanon Community Hospital Distance: 34 miles Cat I Leader: Bill Pintard (541-967-3295)
23	24	25	Wed. Wanderers 26 Start at Linn County Expo parking lot at 10 AM. Call Jo & Ace Johnson at 541-327-2813 <u>for more information.</u> See our website (www.santiamspokes.org/Rides.htm) for optional Wednesday rides	27		Saturday, Oct 22 9:00 am 29 Spooky Spokes Spin Start: Ciddici's Pizza. 133 5th Ave., Albany, OR Distance: 37 miles Cat II Leader: May Garland & Roger Gaither (503-394-3696) Please use street parking - not in their parking lot.

Visit our website for the latest information on rides: www.santiamspokes.org



Santiam Spokes, Inc.
 c/o Samaritan Lebanon Community Hospital
 P.O. Box 139, 525 North Santiam Hwy.
 Lebanon, Oregon 97355
www.santiamspokes.org